



Week One

This week the children began the Let's Get Going Cyclist Skills Programme.

The following is what they have learnt so far.

Helmet Check

- Check helmet for cracks or damage. If there is damage the helmet will need replacing.
- Ensure helmet is the correct size.
- Adjust helmet so it is level, covering the forehead but not the eyes.
- The side V-strap should be buckled under the ear.
- Straps should be evenly adjusted, connecting under the chin and tightened to fit only one finger between the strap and the chin.



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